

Emergency Birth

- Learn the signs of early labor from your doctor.
- Take a class on infant and child life support.
- Keep an emergency supply kit at home.

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- Clean scissors
- Clean gloves







Preparing for an Emergency or Disaster

- Learn your community action plan. Use this to make your own emergency plan too.
- Talk to your friends and family and tell them your emergency plan. Pick a meeting place that is not your house.
- Talk to your doctor about your emergency plans. Talk about where you will get prenatal care. Find out where to deliver if the hospital is closed.
- Make a back-up plan for how you will get to the hospital.
- Make copies of important papers.
- Keep emergency supplies like:

Food

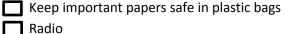
Water



First aid kit







Diapers, wipes, toys, books, soap/sanitizer

Evacuating

• Don't forget to bring:

L ID:

Medical records for everyone in the family

Your child's school records

Cash

ATM and credit cards



Checks

Cell phone and charger

Keys to your house, cars, safe, and anything

with a lock

Prescriptions and prenatal vitamins

Staying in the Shelter or Place Other Than Your Home

- Tell the staff at the shelter you are pregnant.
- Tell the staff if you have children or old people with you that have special needs.
- Keep up with your prenatal care. Even if you see a different doctor.
 - o If you don't have your medications with you, ask the staff to help you get them.
- Drink plenty of water and rest often.
- Make sure your baby drinks plenty of breast milk or formula.
- Try to avoid getting sick or an infection. Wash your hands often.